



GROCERY LIST - FILL YOUR FREEZER AUGUST 2012 - DINNER WEEK

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BAKED EGGPLANT ZUCCHINI SPAGHETTI,
TACO CHILI, SPICY SWEET GLAZED CHICKEN, FREEZER MEATBALLS

PRODUCE	X1	X2	X3	X4
Bell Pepper, red	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Celery	2 cups	4 cups	6 cups	8 cups
Eggplant	3 cups (about 1 medium)	6 cups (about 2 medium)	9 cups (about 3 medium)	12 cups (about 4 medium)
Garlic, minced	2 tablespoons plus 1 teaspoon	4 tablespoons plus 2 teaspoons	7 tablespoons	9 tablespoons plus 1 teaspoon
Onion	1 cup plus 7 1/3 tablespoons	2 3/4 cups plus 2 2/3 tablespoons	4 cups plus 6 tablespoons	3 1/2 cups plus 5 1/3 tablespoons
Zucchini	2 cups (about 2 medium)	4 cups (about 4 medium)	6 cups (about 6 medium)	8 cups (about 8 medium)
MEAT & SEAFOOD				
Beef, lean ground	3 2/3 pounds	7 1/3 pounds	11 pounds	14 2/3 pounds
Chicken Breasts, boneless skinless	2 pounds	4 pounds	6 pounds	8 pounds
BAKING & SPICE				
Basil, dried	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Black Pepper, ground, plus more to taste	1/3 teaspoon	2/3 teaspoon	1 teaspoon	1 1/3 teaspoons
Chili Powder, gluten free	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Cornstarch	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Cumin, ground	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Garlic, instant minced dried	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Onion, instant minced, dried	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Oregano, dried	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Red Pepper, dried crushed	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
Salt, plus more to taste	1 3/4 teaspoons	3 1/2 teaspoons	5 1/4 teaspoons	7 teaspoons
Sugar	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons

ANGELA'S KITCHEN

CONDIMENTS, OILS & CANNED GOODS	X1	X2	X3	X4
Apricot Preserves (I prefer fruit juice sweetened)	2/3 cups	1 1/3 cups	2 cups	2 2/3 cups
Balsamic Vinegar	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Beans, Black, canned or cooked	15 ounces	30 ounces	45 ounces	60 ounces
Beans, Red Kidney, canned or cooked	15 ounces	30 ounces	45 ounces	60 ounces
Hot Pepper Sauce, gluten & dairy free	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons
Ketchup, gluten free (I prefer fruit juice sweetened)	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Olive Oil	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Salsa, gluten free	15 ounces	30 ounces	45 ounces	60 ounces
Soy Sauce, gluten free	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Tomatoes, crushed or diced	28 ounces	56 ounces	84 ounces	112 ounces
Tomato Sauce, gluten & dairy free	28 ounces	56 ounces	84 ounces	112 ounces
Worcestershire sauce, gluten free	2 teaspoons	4 teaspoons	6 teaspoons	8 teaspoons
MILK SUBSTITUTES AND EGGS				
Cheese Substitute, gluten & dairy free (mozzarella style), optional	8 ounces	16 ounces	24 ounces	32 ounces
Eggs, large	2	4	6	8
MISC.				
Soft Bread Crumbs, gluten & dairy free (or crispy rice cereal)	3/4 cups	1 1/2 cups	2 1/4 cups	3 cups
Corn, frozen	10 ounces	20 ounces	30 ounces	40 ounces
Spaghetti Noodles, gluten & dairy free	1 1/2 cups	3 cups	4 1/2 cups	6 cups
CONTAINERS				
9"x13" freezer safe baking pan	1/2 teaspoon	1 teaspoon	1 1/2 teaspoons	2 teaspoons
aluminum foil	as needed	as needed	as needed	as needed
baking parchment	as needed	as needed	as needed	as needed
Gallon Sized Freezer Bags	3	6	9	12